

A detailed black and white illustration of a woman in a kitchen. She is wearing a long-sleeved dress and an apron, and is focused on cooking. She stands at a wooden table with a stove, stirring a pot with a long-handled spoon. On the table, there are several other items: a small teapot, a bowl, and some vegetables. In the background, there is a brick wall with a window that has vertical bars or shutters. To the left of the woman, there is a shelf with various kitchen items, including a bowl of fruit and some jars. The entire scene is framed by a decorative border with floral and geometric patterns.

VALUABLE COOKERY SUGGESTIONS

PUBLISHED BY
THE PROPRIETORS OF
DR. MORSE'S INDIAN ROOT PILLS.

:: :: Valuable :: ::
Cookery Suggestions

THERE is probably no publication which is so useful in the home as anything in the form of a cookery book. Many an over-worked housewife often finds herself brain-weary and at her wit's end to think of some new kind of dish that will tempt the palate of her husband, children or self. Again, there are many ways that economies can be effected with food which it is important to be familiar with in these difficult times. You are therefore requested to carefully peruse and preserve this book as in it will be found a number of suggestions that may prove useful from time to time.

It need hardly be mentioned that the principal object of this publication is to, if possible, make better known the merits of Dr. Morse's Indian Root Pills. The public, however, is not asked to be entirely guided by what is said by the proprietors, but to also carefully read the experiences of many reputable citizens printed herein and judge accordingly.

CONSTIPATION

SHOULD NEVER BE NEGLECTED

Constipation is like stuffing up the sewers of the city, and keeping all the filth in them till they are filled with poison and corruption, breeding disease and pestilence. When the bowels are clogged the waste matter decays and ferments, and enters the blood, and is carried to all parts of the body, producing Head-aches, Neuralgia, Rheumatism, and various other ailments, disturbing the heart and nervous system, and if continued is liable to cause inflammation of the bowels, liver, and kidneys.

To maintain a healthy system, the bowels should operate at least once every 24 hours. This is one of Nature's wise provisions which is too often ignored.

Constipation caused through neglect or lack of opportunity for the proper evacuation of the bowels, in course of time becomes chronic, and the use of drastic purgatives not only weakens the intestines, but by the habitual use of such medicine the bowels refuse to act naturally. Dr. Morse's Indian Root pills are a perfect remedy. They act upon the liver, and stimulate the secretion of bile, which thoroughly digests the food, and assists the bowels, in a perfectly natural manner, to throw off the waste matter from the system. These Pills do not weaken, sicken, or gripe, nor parch the bowels—like salts (which thin the Blood) and many other remedies such as liquid paraffin, which only aggravate the trouble—they tend to restore them to their normal condition.

Dr. Morse's Indian Root Pills are a remedy which, taken at the first indication, assists Nature to avert the development of disease, and restore the system to health and strength. Every ailment is an effort of Nature to get rid of some impurity in the system, and the object of medical treatment is to assist Nature in doing so. Dr. Morse's Indian Root Pills do this surely and thoroughly. To remove the trouble take from $\frac{1}{2}$ to 4 Pills regularly until the bowels move daily and are restored to healthy action.

STUFFED MARROW.—Peel the marrow, cut it in half lengthways, and take out the seeds. Take $\frac{1}{4}$ lb. of minced cooked meat, 2 oz. of breadcrumbs, 1 tablespoonful of chopped parsley, 1 teaspoonful of mixed herbs, 1 dessertspoonful of melted butter, 1 egg, and pepper and salt. Mix the dry ingredients, bind with the beaten egg, fill the hollows in the marrow with this seasoning, place both pieces of marrow in a greased baking-dish, side by side, sprinkle thickly with breadcrumbs, baste with melted butter, then bake for an hour in a quick oven. It can be served with white sauce, melted butter, or thick gravy. Stuffed marrow prepared as just described, may have the two halves placed together, and be tied together, then steamed for an hour. This is delicious with parsley sauce.

WOLSELEY MOULD.—One pint milk, 1 tablespoon sugar, $\frac{1}{2}$ oz. leaf gelatine, 2 eggs. Put milk, sugar and gelatine into double boiler to cook—beat in yolks of eggs until mixture thickens like a boiled custard. Stand this aside (but keep warm), and beat up white of eggs. Stir these in and add flavouring, turn into a wet mould and chill. Serve with cold custard and nutmeg.

LEMON PUDDING.—Take 1 cup of chopped bread without crust, the grated rind of a lemon, the yolk of 1 egg, $\frac{1}{2}$ cup of sugar, and 1 pint milk. Bake for half an hour in a good oven. Take the white of the egg and beat till stiff, adding $\frac{1}{2}$ cup of sugar. Beat again till the sugar is quite dissolved; then add the juice of a lemon. Spread this over the pudding, and brown lightly. This is very nice hot or cold.

To Her Patients

MATERNITY NURSE ADVISES DR. MORSE'S INDIAN
ROOT PILLS.

6 Rose Road,
Grey Lynn.



Nurse Isabella Smith
(From a Photo)

Dear Sirs,—

For relieving bilious headaches and constipation, Dr. Morse's Indian Root Pills prove most efficacious with me, and I can accordingly recommend this medicine to any similar sufferers. I am a registered midwife of twenty-five years standing in Auckland, at Eden Terrace, and this address. In my capacity of nurse, at times I am asked by my patients what medicine I can recommend, and I always favour Dr. Morse's Indian Root Pills, both before and after accouchement, and know them to prove most beneficial.

(Signed) NURSE I. SMITH.

Mrs. E. Anderson, 8 Thomas Street, South Dunedin, writes:—
"For the relief of biliousness I consider Dr. Morse's Indian Root Pills an excellent remedy, and I can recommend them to any person so suffering. When any of my children are costive, I find these pills most effective in banishing this trouble."

Mrs. Rosalind Jackson, Alexander Street, Greymouth, writes:—"I have used Dr. Morse's Indian Root Pills as a remedy for relieving an occasional headache arising from a sluggish liver, and found their action mild but effective, banishing headache and restoring the system to perfect order. Two pills proved with me a customary dose to prove effective."

STUFFED TOMATOES with Corned Beef.—Remove a thin slice from top of each tomato. Take out seeds and pulp. Mince corned beef—add $\frac{1}{2}$ cup fresh breadcrumbs, pepper, salt and tomato pulp. Stuff the tomatoes with this mixture. Cover with buttered crumbs and bake 30 minutes in a moderate oven. Any mince meat can be used instead of corned beef.

TOMATO CHUTNEY.—Take 12 lb. of tomatoes, 6 lb. of onions, 6 lb. of apples, 2 lb. of salt, 3 pints of vinegar, 2 teaspoonsful of cloves, 2 oz. of garlic, 1 lb. of raisins, 1 lb. of brown sugar. Dip the tomatoes in boiling water for a moment to skin them, and cut into slices. Chop raisins, onions and apples quite small, mix all the ingredients together, and boil for two hours.

GETTING WET AT WORK

Mr. S. Manktelow, 1 Milton Road, Mt. Eden, Auckland, writes:—"I suffered some time ago with a torpid liver, and getting wet in following my calling occasionally, I was affected with rheumatic twinges, and seeing Dr. Morse's Indian Root Pills advertised, I decided on giving them a trial, and can assert that they stirred my liver into action, and swept away the rheumatic twinges, and I felt a lot better after taking a few doses. I have now, of course, a good word to say for this remedy. You may use these few lines for publication, as I am well known as the local gardener for the Mount Eden Council."

Speedy Relief

FROM FREQUENT BILIOUS HEADACHES. SYDENHAM
LADY'S TRIBUTE.

4 Leith Street,
Off Queen Street,
Sydenham, Christchurch.

Dear Sirs,—

I can assert that Dr. Morse's Indian Root Pills are a useful medicine in combating biliousness. I was a great sufferer from bilious headaches, and at times—perhaps thrice a month—I would be affected with this complaint. A friend first induced me to try Dr. Morse's Indian Root Pills, and I am grateful that I did use this medicine because I found genuine speedy relief from my old malady. It is some thirteen years since I first came to this locality, and I always have a good word for this remedy.

(Signed) MRS. M. HAYES.



(From a photo.)

OATMEAL BISCUITS.—Two cups rolled oats, 1 cup brown sugar, $\frac{1}{2}$ cup flour, $\frac{1}{2}$ cup melted butter, $\frac{1}{2}$ small teaspoon carbonate of soda dissolved in 2 tablespoons boiling water. Mix sugar and butter to a cream, add flour and rolled oats, lastly the soda and water. Roll out thin, cut in shapes. Bake on a greased slide in a slow oven till a golden brown.

SAGO PLUM PUDDING.—Three tablespoons sago, $\frac{1}{2}$ cup milk, 1 large cup breadcrumbs, 1 large cup raisins, $\frac{1}{2}$ cup sugar, 1 dessertspoon butter, 1 teaspoon carbonate of soda dissolved in tablespoon milk. Soak sago in milk overnight. Mix all ingredients together. Put in buttered mould and steam 2 to 3 hours. Double quantities for large family.

TO AVOID SEASICKNESS.

TRAVELLER RECOMMENDS DR. MORSE'S INDIAN ROOT PILLS.

Mr. J.S. writes:—

"I have for some considerable time been contemplating writing to you, giving this absolutely unsolicited testimonial re your pills. For the past ten years I have been constantly travelling by steamers in Australia and New Zealand, and by accident I discovered that they are the best preventative of sea sickness that was ever made. I was up to 10 years ago a bad sailor, but now, thanks to your pills, I do not know the sensation of mal-de-mer. My preventative is as follows:—6 pills, 3 each night for the two prior to sailing. I have recommended them always to my friends and one lady who was an awfully bad sailor took my advice and wrote me to say she captained the ladies' cricket team across the Great Australian Bight, and she joined the steamer at Adelaide. I am sure your pills, if people knew how good they were for preventing sea-sickness, would oust all so-called remedies off the market."

(For certain reasons the author of this testimonial does not wish his name and address published, but should anyone be interested, the original document, bearing his full signature, may be inspected at the office of the proprietors of Dr. Morse's Indian Root Pills.)

Newmarket Mother

VOUCHES FOR DR. MORSE'S INDIAN ROOT PILLS AS A
FAMILY MEDICINE.



3 Union Street,
Off Khyber Pass,
Newmarket.

Dear Sirs,—

Noticing by one of your pamphlets that Dr. Morse's Indian Root Pills were claimed to be a remedy for biliousness and constipation, I purchased a bottle, and am pleased to say that they proved most beneficial in combating these complaints. At times I find them useful with the children when costive; and, in fact, they provide our family medicine. I am a mother of three children.

(Signed) MRS. B. McCARTHY.

Mrs. E. Ollerenshaw, 147 Princes Street, Hawera, writes:—
"An Invercargill nurse first recommended my using Dr. Morse's Indian Root Pills as a remedy for kidney trouble and inflammation of the bladder. I then decided to give these pills a trial, and can conscientiously assert that after taking two bottles of Dr. Morse's Indian Root Pills I was cured of this malady, and after being confined to my bed for a period of four months prior to taking them."

MELON JAM.—Take a 20 lb. melon, any kind, and 18 oranges, and allow $\frac{3}{4}$ lb. of sugar to each pound of fruit. Peel the melon and seed it, cut it into dice, put into a preserving pan, and add half the sugar, let it stand over night. Cut the oranges up finely, let them stand over night, and add 1 cup of sugar to three cups of cut oranges, put the melon on in the morning, let it boil, and add the remainder of the sugar, and boil for 2 hours. Add the oranges and sugar, boil for another two hours; bottle hot and cover down.

CHOKO PICKLES.—Three chokos (large), 1 cauliflower, 4 onions (medium size), $3\frac{1}{2}$ pints vinegar, 2 lbs. brown sugar, 1 tablespoon curry powder, 1 tablespoon mustard, 1 teaspoon cayenne pepper, 1 teaspoon salt, $\frac{3}{4}$ lb. flour, 6d. tumeric. Cucumber, beans, chillies may be added. Cut up vegetables finely and pour over the vinegar; when boiling, add sugar, and cook all until tender. Mix curry, mustard, flour, etc., with enough vinegar (about $\frac{1}{2}$ pint) to make a smooth paste. Add to pickle and boil for ten minutes, stirring all the time.

RACKING BILIOUS HEADACHES

Mr. H. Poole, New Edendale Road, Kingsland, Auckland, writes:—"I have suffered for years from constipation and bilious headaches, and only recently found relief by taking Dr. Morse's Indian Root Pills. At times I was so bad with racking bilious headaches that I was compelled through illness to relinquish my work and had to lay up for a day or two. I am now pleased to say that Dr. Morse's Indian Root Pills sweep away all traces of biliousness, and I am now free from my former bilious attacks. You can publish these few lines in the hope that other people suffering with headaches will try this medicine and derive similar benefit."

Indigestion and Dyspepsia

Are bred in the stomach. They are the most common complaints among the human family. People eat too fast when their minds and energies are occupied intensely by business cares and troubles, and there is not enough nervous force left to properly digest the food. The proper remedy for this trouble is Dr. Morse's Indian Root Pills and correct habits of eating. In all cases Dr. Morse's Indian Root Pills should be taken in moderate doses, sufficient to secure a regular daily action of the bowels. All food that gives distress after eating should be avoided. Eat slowly and thoroughly chew your food before swallowing. Take plenty of time to eat, and be cheerful and talkative during your meals, taking care to introduce no subject of worry or anxiety. These rules and a regular use of the pills will prove their value in cases of dyspepsia and indigestion.

Mrs. E. Turner, 7 Roxburgh Street, Newmarket, Auckland, writes:—"I can honestly say that Dr. Morse's Indian Root Pills are an excellent remedy for indigestion. My step-father first induced me to try this medicine, and when he was at the World's War I frequently sent him a bottle whilst at the Front. Since adopting this medicine I have seldom suffered, but keep a bottle in the house in case they may be needed."

Mrs. B. McMullan, 65 Harbour Terrace, North Dunedin, writes:—"I, some years ago, used Dr. Morse's Indian Root Pills for the relief of constipation, and I found them very good in remedying this complaint. I am usually of the best of health, and whenever I feel 'a little bit out of sorts' I use them."

CHICKEN COMPOTE.—Try serving stewed fruit, cherries or pineapple for preference, with roast chicken. They will be found a welcome addition, same as apple sauce with duck.

BACON ON TOAST.—Toast bread on one side, then reverse; lay raw bacon on top, and cook on gas griller. The bread will be toasting while bacon is grilling. By this method, not only is the bacon fat retained in the toast, but there is no pan to clean

A STALE BREAD DISH.—To use up stale bread, soak it in cold water, then squeeze out as dry as possible, boil 1 or 2 onions, cut up small, in a very little water, chop some thyme and parsley or sage small, pour this on the onion and the water that it is boiled in, add pepper and salt, mix well, and put with the bread in a meat dish, put a bit of good dripping on top, and bake. Serve this with any kind of roast meat and good gravy.

STOMACH AND LIVER REGULATED

Mr. E. A. Forster, 32 France Street, Newton, Auckland, writes:—"I can speak of my experience of Dr. Morse's Indian Root Pills as genuine remedy for the relief of Biliousness. For years I was subject to this malady, and after trying many other remedies, I found nothing so effective as Dr. Morse's Indian Root Pills in combating this complaint. They really are so useful in regulating the stomach and liver when deranged in the slightest manner. I find no difficulty in taking these small pills, and have no hesitation in recommending this medicine to any similar sufferers from biliousness. I have not had an attack of biliousness for over four months, and find by taking a pill occasionally I can ward off any premonition of my former trouble."

Danger Signals.

With the improved methods of transportation, by rail and road, it has been found necessary to arrange efficient danger signals to save the lives of the many millions who travel. If, for instance, when travelling in an automobile you came to a place where the workmen were repairing the road, and they had a red flag up to denote danger, would you take the red flag down and proceed as before, or would you slow down and drive with caution? Of course we all say our method of procedure would be the latter. Unfortunately there are to-day millions who disregard the greatest danger signals in life; for instance, a "sick headache" or a "coated tongue." When many people feel this sick headache, they immediately rush to a Chemist, and obtain some headache powders or other concoction which will drive away this complaint, instead of stopping to think what has caused the headache to come on. In most cases we find it nothing more than a derangement of the system; very probably the Liver. To put it as clearly as possible, the Liver can be compared to a large sponge full of holes. It becomes covered with a slimy substance, and these holes, or ducts from which the bile flows, become stopped up, consequently the bile is forced back into the system, producing two direct results: (a) a derangement of the entire system; (b) constipation because the bile cannot act on the waste matter in the intestinal canal, and remains in the system. This is what is generally termed a Torpid Liver.

Something is wanted to get at the cause, something that will act on the Liver and open these ducts, not something that will simply carry off the waste in the system, leaving it in exactly the same state to repeat over again what has taken place before.

No mineral oil or product will replace the bile given each human being, by an all-wise Creator, to carry the waste matter out of the system and aid in the digestion and assimilation of our food. People resorting to these mineral oils, either in ignorance or not, and practically saying: "We have no further use for the bile; we have something to relieve constipation, which is all we care," will pay for their ignorance or impudence in thinking they can improve on the Creator's work. The sick headache or coated tongue are the most important danger signals, which becomes manifest when the Liver, Kidneys, etc., become deranged, so that upon noticing such danger signals you should immediately obtain something such as Dr. Morse's Indian Root Pills, which act directly on the Liver and open the clogged ducts. In this way the entire system is cleansed, and the body again restored to its normal state.

PROOF OF SUPERIORITY

Mrs. M. Sandilands, 14 Sutter Street, Timaru, writes:—"First at Hobart, Tas., a friend induced my taking Dr. Morse's Indian Root Pills, as at that period I was subject to giddy bilious headaches, and I was so benefited that from that date onward I speak in terms of highest praise of this remedy. I always recommend them to my friends and acquaintances, as they proved with me better than all other medicines. Only the other day my son complained of indigestion, and I saw that he took these pills to combat that complaint, as I am sure they will cure him."

Inactive Liver

CAUSED DROWSINESS. ASTONISHING CHANGE AFTER
USING DR. MORSE'S INDIAN ROOT PILLS.

55 Harding Street,
Port Ahuriri,
Napier.

Dear Sirs,—

Seeing Dr. Morse's Indian Root Pills advertised as a remedy for biliousness, I decided to try this medicine. I suffered with drowsiness and an inactive liver, and needed a medicine to stir my liver into action, and I am pleased to say that Dr. Morse's Indian Root Pills have done me a wonderful lot of good. I have, previous to two years ago, tried other medicines, but found none equal this remedy. I am a native of this town, and speak favourably of your pills to my girl acquaintances.



Miss K. Brown
(From a Photo)

(Signed) MISS K. BROWN.

SAND CAKE.—Beat 2 tablespoons of butter and $1\frac{1}{2}$ cup of sugar to a cream. Add 2 eggs, then 1 cup of arrowroot and a teaspoonful of cream of tartar and $\frac{1}{2}$ a teaspoonful of carbonate of soda or $1\frac{1}{2}$ teaspoonful of baking powder. Beat for 20 minutes, then put in a moderate oven and bake three-quarters of an hour.

OX TAIL JELLY.—Take an ox tail, and boil for 12 hours; let it stand, and remove the fat which will float to the top. Put the tail in a mould, add a little of the liquid, boil an egg hard; cut up the white into small squares, and put it in with the tail and liquid. Put the mould in a cool place for the jelly to set. The white of the egg takes the place of the fat, and it is a very nourishing and nice dish.

MOCK CREAM.—One teacup milk, 1 dessertspoon cornflour, 1 tablespoon butter, 1 tablespoon icing sugar. Make cornflour and milk into a blanc mange. Beat butter and sugar to cream. When blanc mange is cool, beat a spoonful at a time into butter and sugar till like whipped cream.

POTATOES WITH CURRY SAUCE.—Fry two onions brown in a little good dripping and add one dessertspoonful of curry powder; five minutes should be sufficient; then add stock, if it is not available, use milk, and thicken with cornflour. Make a ring of mashed potatoes round a dish and pour the curry sauce into the centre, then place hard-boiled eggs cut in half round the potatoes.

BAD BREATH—A Serious Handicap

Most people recognise that to have an offensive breath is a serious handicap, although, curiously enough, they often do not realise their breaths are bad. When afflicted in this manner, any charms you might possess will be considerably discounted, and your friends will even avoid you. In nearly all cases this condition is due to constipation and a disordered stomach. A coated tongue, a slight headache and feverishness are sure signs that the digestive organs are retaining quantities of impurities from which the system should be free. In Dr. Morse's Indian Root Pills there will be found a searching, cleansing remedy, which will drive the masses of decaying corruption—that poison the blood and contaminate the breath—from the system through the regular channel.

Bad Digestion

RECTIFIED BY DR. MORSE'S INDIAN ROOT PILLS.

75 Nelson Street,
Auckland.



Mrs. JANE PORTER (from a Photo).

Dear Sirs,—

I was a great sufferer from indigestion, and at one period dreaded taking a cup of tea. So bad was this complaint at that time, and seeing Dr. Morse's Indian Root Pills advertised as a remedy, decided upon giving them a trial, and am now pleased to relate that after a dose or two of these pills I found improvement in my condition, and, persisting with the medicine, I was soon cured from this former malady. I am convinced of their efficacy from personal experience, and

have frequently recommended them to other sufferers. I might add they are most useful for that critical period in a woman's life—the change of life period. I am a very old resident in this locality and mother of fifteen children.

(Signed) MRS. J. PORTER.

Nurse L. Jackson, 38 Wilson Street, Hawera, writes:—"I have a good word to say for Dr. Morse's Indian Root Pills as a corrective for any stomach trouble, and in my capacity of maternity nurse at Wellington and Hawera I have frequently recommended these pills to my patients after accouchement, and I know them to act mildly and effectively. You may publish this testimony in any way you prefer, as I believe in speaking of a good remedy."

TREACLE TART.—Line a tart dish with pastry. Cover well with fresh breadcrumbs. Trickle golden syrup over the crumbs and cook in a moderate oven. Some cooks partly cook the pastry, and in the meantime bring the breadcrumbs and golden syrup to the boil. Then slightly cool, pour over the pastry, and cook in a moderate oven.

COFFEE CAKE.—Sift a teaspoon each of salt and cinnamon with $1\frac{1}{2}$ breakfast cups of flour. Cream a cup of sugar with half a cup of butter. Add half a cup of treacle. Beat well. Add alternately flour and a cup of cold strong coffee in which a teaspoon of carbonate of soda has been dissolved. Beat all thoroughly before turning into a paper-lined tin. Bake in a quick oven.

EXCELLENT MEDICINE AFTER OPERATION

Mrs. L. McLachlan, 55 Taonui Street, Palmerston North, writes:—"Some five years ago I was operated on and found difficulty in obtaining medicine suitable to my case, and an old lady friend from Sydney would have me try her favourite remedy, Dr. Morse's Indian Root Pills; and I can honestly state this medicine did me more good than anything I had ever taken. I was usually subject to biliousness all my life, and again this remedy was the best for that complaint. I might add that I have never had a recurrence of biliousness since."

Bilious Heads

DISPELLED BY DR. MORSE'S INDIAN ROOT PILLS.

32 College Hill,
Ponsonby.

Dear Sirs,—

I can speak of Dr. Morse's Indian Root Pills as a most satisfactory corrective medicine in relieving constipation and liverishness, and whenever I wake in the morning with a headache I find that after taking a dose or two of this medicine it makes one feel much brighter, and I can perform my household duties in a normal way. I can strongly recommend Dr. Morse's Indian Root Pills to any women suffering with headaches or liverishness.

(Signed) MRS. K. WATKINS.



Mrs. A. Webb, Rose Street, Whangarei, writes:—"I can recommend Dr. Morse's Indian Root Pills as a good remedy for indigestion and constipation. I find they agree with me better than any other medicine."

CHILDREN'S TRIFLE.—Take 3 sponge cakes, $\frac{1}{2}$ pint of jelly, $\frac{1}{2}$ pint of custard, and a little jam. Cut the cake into slices, spread here and there with jam, pour custard over them straight from the fire, let stand, and when cool, add pieces of jelly.

STEAK STUFFED WITH APPLES.—Take a piece of top-side weighing 2 lb., 4 large sour apples, 1 oz. of breadcrumbs, the juice of half-a-lemon, and 1 oz. of butter. Peel, core, and thickly slice the apples; then, with a sharp knife, make little slits in the beef, and fill up with apple. Tie it so that the apples cannot drop out, brush with melted butter, roll in breadcrumbs, and sprinkle with lemon juice. Wrap in greased paper, and bake for $1\frac{1}{2}$ hours. Serve with thick brown gravy and fried potatoes.

SIMPLY-MADE MILK JELLY.—Take a pinch of isinglass and dissolve it in a cup of warm milk, and flavour it with a few drops of vanilla or lemon essence. When cold, this forms a fine jelly, and is much appreciated by the invalid.

FRENCH BEEF PUDDINGS.—Take cold beef—either boiled or roast—and mince it with pepper, salt, parsley, and a little onion. Add enough stock to bind it to a paste. Make a layer of mashed potatoes in a pudding-dish, then one of mince, then more potatoes, and so on till the dish is full. Sprinkle thickly with crumbs, and bake brown in a brisk oven. This may also be baked in a mould and turned out, if you care to add an egg, which will bind the mashed potatoes firmly enough to make them stand.

TOO ILL TO WORK

Mr. M. Hogan, 20 Dean Street, Arch Hill, Grey Lynn, writes:—"About eleven years ago I was a great sufferer from a bad back, and the doctor thought it the result of previous trouble, and I was treated, and after a considerable time following medical advice I was no better and found no relief. When in this state of despair I decided to try Dr. Morse's Indian Root Pills, and after taking a course of these pills—but one small bottle—I entirely recovered. I might add that I was so ill previously that I could not work for twelve months, and I subsequently attribute my cure to Dr. Morse's Indian Root Pills. I am a resident here nineteen years."

Maternity Nurse

CONFIDENTLY RECOMMENDS DR. MORSE'S INDIAN
ROOT PILLS.

235 Ponsonby Road,
Ponsonby.



Dear Sirs,—

I highly recommend Dr. Morse's Indian Root Pills to my patients, both before and after accouchement, and find them act in a most satisfactory manner. I am a duly qualified maternity nurse, and for ten years have conducted, as matron, Euroa Hospital at the above address. Personally, I have used the above remedy and can speak of them as a useful medicine for the liver and kidneys.

(Signed) NURSE S. A. HILL.

Mrs. W. Morris, 77 Forth Street, North Dunedin, writes:—
"I can say Dr. Morse's Indian Root Pills are a genuine remedy for relieving constipation and biliousness. At one time I was a sufferer a good deal from these complaints, and know of the efficacy of this medicine—from personal experience—as a remedy. I am an old resident in this locality."

PICKLED ONIONS.—Take as many pickling onions as will be required, and when the skins have been removed, place the onions in strong salted water and allow them to lie overnight. Next day the onions should be dried in a soft towel, and, if they are liked soft, it is necessary to boil them for five minutes. If, however, they are desired crisp, they should not be boiled. The next step is to place the onions, boiled or unboiled, in a stone jar. For every pint of vinegar, allow a teaspoonful of salt, $\frac{1}{2}$ oz. of white peppercorns, and a blade of mace. The vinegar is boiled with the flavourings, and then poured over the onions. The jar should not be corked until the pickles are cold.

COCOANUT ICE.—Mix three cups of sugar with three-quarter cup of milk and three tablespoonsful of desiccated cocoanut. Boil 8 minutes. Flavour with vanilla. Stand pan in cold water, and beat with a spoon till firm and white. When cool, cut into squares.

BAKED CURRANT PUDDING.—Put into a basin three-quarters of a pound of flour, a quarter of a pound of chopped suet, a teaspoonful of baking powder, a quarter of a pound of currants, and half a teaspoonful of mixed spice. Mix into a light dough with one egg and milk. Put into a greased pie-dish, bake in a moderate oven for one hour. Turn out and serve with sugar dusted over.

EASY TO SWALLOW AND CHEAP

Mr. F. Hatcher, 107 Victoria Street, Hawera, writes:—"In writing my personal experience of the efficacy of Dr. Morse's Indian Root Pills it is in relation to their curative properties and the splendid manner in which they act on the kidneys. I can certainly recommend this remedy to all similar sufferers who desire relief, being small in size and sugar-coated, they are easy to swallow and palatable, unlike so many others where the drugs are tasted, and their cost is within the reach of all."

BILIOUSNESS

MAKES LIFE A BURDEN.

To the man who is bilious, life is practically a burden. Though often the sufferer may possess an abnormal appetite, he has no desire to exert himself in the least. His sleep is troubled, he has pains under his shoulder blades, a bitter taste remains in his mouth; the tongue is often furred; there is a sudden dizziness when arising from a sitting or stooping position, and while the bowels may be loose and natural one day, constipation is present the next. All this is brought about by the natural sewers of the body becoming clogged up and the bile in the stomach, denied its rightful channel, is turned into the blood. It may, and often does, lead to the most dangerous forms of disease, as when suffering from biliousness one's body is much more susceptible to the lodgment of disease than when in its normal state. Dr. Morse's Indian Root Pills are the foe to biliousness.

Mr. W. Cockroft, 103 Hawdon Street, Sydenham, Christchurch, writes:—"I can testify to the beneficial results of Dr. Morse's Indian Root Pills for the relief of biliousness and costiveness. I find them act in a very mild manner, and they do not purge like so many other medicines. My wife also uses this remedy, and speaks favourably of them."

Mrs. A. J. Clausen, 30 York Street, Timaru, writes:—"I first saw an empty Dr. Morse's Indian Root Pill bottle, and, having heard others recommend this medicine, I forthwith purchased a bottle from the storekeeper, as I was subject to biliousness and constipation. I am pleased to say that I obtained great benefit from the use of Dr. Morse's Indian Root Pills, and now invariably keep a bottle in the house for use whenever I feel a little out of sorts. I frequently recommend these pills to my friends and acquaintances, and I know they are found most satisfactory by all of them."

CHEESE STRAWS.—Ingredients: 3 oz. of butter, 3 oz. of flour, 3 oz. of cheese, a little salt, and cayenne. Rub the butter well into the flour. Rub in the grated cheese, all the salt and cayenne. Roll out the dough thin, cut into fingers about 1 inch wide and 3 or 4 inches long. Place on a sheet of greased paper, bake in a hot oven for seven to ten minutes. They should be watched carefully as they quickly burn, and are merely required of a light brown colour.

TOFFEE APPLES.—Choose firm, ripe apples, and put a stick 4 inches long in each. Boil 3 lb. brown sugar with 1 pint water and a teaspoonful golden syrup in a saucepan until it is quite brittle when tested in cold water. Then add 1 teaspoon lemon extract and a little cochineal or carmine for colouring. Dip the apples in the syrup and turn over and over until they are covered. Put on a buttered plate and remove before they are quite cold.

ALWAYS IN THE HOUSE.

Mrs. H. A. Syme, 108 Carlyle Street, Sydenham, Christchurch, writes:—"Both myself and husband use Dr. Morse's Indian Root Pills as a remedy for constipation; they are always kept in the household to meet the family needs, and I have frequently recommended these pills to my friends and acquaintances. I am a mother of thirteen children, eleven of whom are still living, and a resident of Christchurch twenty years."

Ponsonby Nurse

OF THIRTY-FIVE YEARS' EXPERIENCE HIGHLY COMMENDS
DR. MORSE'S INDIAN ROOT PILLS.

43 Brown Street,

Ponsonby.

Dear Sirs,—

I think Dr. Morse's Indian Root Pills a good remedy for relieving constipation and bilious headaches. As a maternity nurse of thirty-five years' practice, I have frequently had occasion to recommend Dr. Morse's Indian Root Pills in accouchement cases, and I consider them, generally speaking, an invaluable remedy. You have my full permission to give publicity to these few remarks concerning this medicine.

(Signed) NURSE M. STEPHENSON.



Mrs. P. Hodge, Hove Place, Off Barbadoes Street, Christchurch, writes:—"I can recommend Dr. Morse's Indian Root Pills as a good remedy for constipation, and you may use this evidence of their merit for publicity purposes. I might add that I always keep this medicine handy in case of need. I am resident here for the past three years."

Mrs. D. I. Bennett, 114 Eye Street, Invercargill, writes:—"Seeing Dr. Morse's Indian Root Pills advertised as a genuine liver pill, I decided to give them a trial. I was run down in health and suffering from general debility. I found these pills act in mild manner, and they rehabilitated my health after taking a course of same. I have resided at the above address about eight months, and am a mother of eight children. I might add that I am a native of Invercargill."

PLAIN TOFFEE.—Add a cup of water and as much cream of tartar as would lie on a threepenny bit to 1 lb. of sugar. Boil quickly, without stirring, until a nice amber colour. Pour into a well-buttered tin.

LEMON JAM.—Take 6 large lemons, sliced very thinly, and soak for 36 hours in 3 quarts of water. Then put on the fire and boil for 1 hour. Add 5 lb. of sugar and boil briskly for another hour.

CLAIMS JUSTIFIED.

Mrs. Caroline Wylde, 3 Upper Thompson Street, Greymouth, writes:—"A personal acquaintance first recommended my taking Dr. Morse's Indian Root Pills as a remedy for indigestion. I purchased the pills from a storekeeper, and am pleased to say that after a few hours I was afforded relief. I continued the treatment in regular doses, and in the course of a fortnight I was permanently cured from this complaint. I find this medicine really all that is claimed for it, and I now recommend it to lots of people, and some friends at Runanga have found it satisfactory as well."

The person who uses Dr. Morse's Indian Root Pills longest values them most

From time to time different so-called remedies appear on the market, and possibly for a period become popular. In most cases, however, they quickly lose their effectiveness, and are soon forgotten. It is for this reason that when a reliable and consistent preparation is presented to the public the demand is not only sustained but increased all the time, as one satisfied user recommends to another. An excellent example of this is Dr. Morse's Indian Root Pills. For nearly thirty years they have been before the New Zealand public, and the demand to-day is greater than ever before. Such confidence has only been acquired by the merits of the preparation. As a general family remedy they are unsurpassed, and should be in every home. If you have never tried them, a course is sure to give satisfaction. Dr. Morse's Indian Root Pills are particularly suitable for Constipation, Indigestion, Sluggish Liver and all other everyday complaints that afflict both men and women.

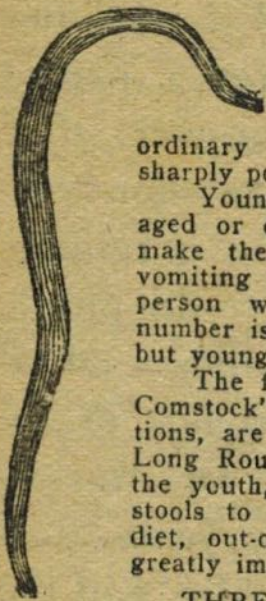
They Make You Look and Feel Brighter

COMSTOCK'S

"Dead Shot" Worm Pellets

A SAFE, SURE, AND RELIABLE SPECIFIC FOR THE
ERADICATION OF WORMS IN CHILDREN AND ADULTS.

THE general symptoms of worms are a tendency to pick the nose and a sensation of itching in the anus. Other symptoms are nervous affections, such as fretfulness, irritation of temper, wakefulness, or disposition to excessive sleep, disturbed sleep, and grinding the teeth, sudden starting out of sleep as if from fright, dizziness, spasmodic movements of the eyelids, dilated pupils, perverted vision, temporary blindness and deafness. General convulsions are not infrequent in children, and symptoms resembling water in the head have been ascribed to worms, and have ceased on their expulsion.



THE LONG ROUND OR STOMACH WORM is the commonest kind of worm from which mankind suffers, and is of a light transparent colour, resembling the ordinary ground worm except that the extremities are more sharply pointed than the ground worm.

Young people are more subject to these worms than middle-aged or elderly people. They live in the bowels, and sometimes make their way into the stomach and throat, causing sickness, vomiting and choking. Generally one or two would be the most a person would be afflicted with, but sometimes a much larger number is met with. The length varies from four to eight inches, but young ones an inch or two inches long are also found.

The first thing to do is to rid the system of the worms, and Comstock's "Dead Shot" Worm Pellets, taken according to directions, are an effective remedy for the thorough eradication of the Long Round or Stomach Worm—the common enemy of the child, the youth, the middle-aged and aged. After careful inspection of stools to see if treatment has been effective, a light nourishing diet, out-of-door exercise, and, if possible, a change of air, will greatly improve the general health.

THREADWORMS or PINWORMS are of very common occurrence in children. They are very small, from one-sixth of an inch to half-an-inch in length, and resemble cotton thread—they are sometimes called seat worms, and reside in the lower bowel. The chief symptom of this worm is severe local itching, restlessness, and irritability, and a frequent desire to urinate, picking at the nose; loss of appetite and anaemia are also observed.

To get rid of the worms and their eggs, their nests also must be removed, and that requires a specific remedy. Comstock's "Dead Shot" Worm Pellets, taken according to directions, on an empty stomach, followed by a dose of opening medicine, will succeed where others fail.

Comstock's "Dead Shot" Worm Pellets are a purely vegetable preparation, compounded on a scientific principle for the eradication of worms which infest the intestines. They contain specific properties which destroy the worms, but cause no injury to the stomach or bowels, and do not weaken the system. The Pellets are prepared in the form of a confection, and have no disagreeable taste or smell, but, on the contrary, inspire children to take them as they would an ordinary lozenge. The symptoms of the presence of worms are very pronounced, but should the indications prove incorrect, this remedy will do no harm whatever. This complaint is most prevalent in children, although adults are frequently troubled with them.

COMSTOCK'S "DEAD SHOT" WORM PELLETS are for sale by Chemists and Stores generally at 4/- per packet, or 6 packets for 23/-. and if unable to obtain locally, will be mailed post free on receipt of price. Prepared only by THE W. H. COMSTOCK Co., Ltd., Farish Street, Wellington, N.Z., 23 Lang Street, Sydney, N.S.W., and 21 Farringdon Avenue, London, E.C.

COMSTOCK'S NERVE and BONE LINIMENT

COMSTOCK'S Nerve and Bone Liniment is a penetrating preparation, acting through the pores of the skin on the nerves and muscles. It possesses the properties of a pain-killer and is most effective as a remedy for the aches and pains to which human beings are subject, and which only an external remedy can relieve.

It overcomes pains and aches by relieving the effect on the delicate nerves, causing the circulation of blood to be fully maintained through the injured part. It is an invaluable remedy for sprains and for reducing swellings, which under its influence become softened and disappear.

Rheumatism, Sciatica and Lumbago are relieved by the penetrating and soothing properties of this Liniment. In order to effectually overcome these complaints, Dr. Morse's Indian Root Pills and Comstock's Nerve and Bone Liniment should be used as directed. These two remedies have been highly successful in Rheumatic Ailments, because one cleanses the blood, while the penetrating and soothing influences of the Liniment, acting through the pores of the skin on the nerves and muscles, overcomes the pain by relieving the effect on the delicate nerves and causing the circulation of the blood to be maintained through the affected part.

For Bruises, two or three applications, well rubbed in, will afford almost instant relief from pain, prevent swellings and avert discolourations. For cuts, small wounds, or abrasions of the skin, this Liniment, diluted with warm water, will be found a perfect antiseptic, cleansing the wound and aiding the process of healing.

Used externally it will be found to relieve Quinsy, Bronchitis, Sore Throat and Hoarseness and complaints of the Throat and Tonsils, by covering the afflicted parts with flannel wet with the Liniment. Catarrh and Cold in the Head are relieved by pouring a small quantity of the Liniment into boiling water and inhaling the fumes.

For Stiff Joints, Neuralgia, Lamé Back, Scalds, Burns, Contracted Muscles and Painful Swellings, it will be found that Comstock's Nerve and Bone Liniment is highly effective. Stiff Joints and Sprains that have resisted other treatment have yielded to the influence of Comstock's Nerve and Bone Liniment. The persevering use of this Liniment will cause many stubborn cases to relax.

Comstock's Nerve and Bone Liniment is prepared only by The W. H. Comstock Co., Ltd., Farish Street, Wellington, N.Z., 23 Lang Street, Sydney, N.S.W., and 21 Farringdon Avenue, London, England.

NOTE.—If unable to procure Comstock's Nerve and Bone Liniment from local Chemist or Storekeeper, it will be sent post free on receipt of price, 2/6 per bottle, or 13/6 for six bottles.

General Directions.

DR. MORSE'S INDIAN ROOT PILLS should be taken immediately before retiring, or may be taken in the morning an hour or two before breakfast, in which case a warm drink will cause them to act briskly. As the constitution of no two persons is exactly alike, no fixed rule can be given for the number of Pills to be taken at a time. The nature of the case and the experience must be the guide. If the action of the Pills is too strong, reduce the dose; if too weak, increase it.

DOSE.—The dose varies from a half to four Pills, as found necessary.

It should be borne in mind that the pills must be taken in such quantities as will operate the bowels two or three times, so that the system will be thoroughly cleansed, otherwise little benefit will be derived. As they are purely vegetable, they may be taken with perfect safety and great benefit may be realised.

Dr. Morse's Indian Root Pills can be administered in the form of a powder, placing it in a spoonful of jam or dissolving in a little water and sweetened. These methods are often resorted to by people who experience some difficulty in swallowing a solid.

GINGER SANDWICH.—One table-spoon butter, $\frac{1}{2}$ cup sugar, $1\frac{1}{2}$ cups flour, 1 teaspoon each ginger cinnamon and carbonate of soda, $\frac{1}{2}$ cup milk, 1 egg, $\frac{1}{2}$ cup golden syrup. Beat butter and sugar to a cream, add egg and beat well. Then add syrup and milk; then flour, and, lastly, soda melted in a little boiling water.

LEMON SPONGE.—Dissolve 1 oz. isinglass in half a cup of water. Boil in a pint of water, then strain, and when cold add the juice of 3 lemons, the well-whisked whites of 3 eggs and sugar to taste. Whisk well for 20 minutes, put into a wet mould, and put to set in a cool place for two hours. Serve with clotted cream, jelly, or stewed fruit.

Mrs. J. McIntosh, 26 Matilda Street, Timaru, writes:—"Having derived great benefit from the use of Dr. Morse's Indian Root Pills at a critical period of my life, I have recommended this medicine to many other women for the same benefit, and I know of the efficacy they also derived from taking Dr. Morse's Indian Root Pills."

Mrs. R. Burns, 109 Church Street, Timaru, writes:—"I can assert that I obtained much benefit from Dr. Morse's Indian Root Pills in relieving me of constipation, and I have spoken of this medicine to other folks so afflicted, and I know that they also derived benefit."

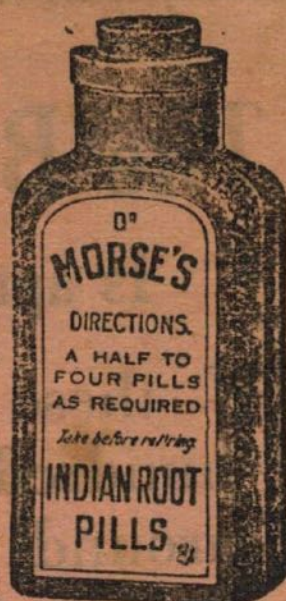
Mr. W. Borlase, Mills Street, Westport, writes:—"I saw Dr. Morse's Indian Root Pills advertised as a remedy for constipation, and I purchased a bottle; and am pleased to say I found this remedy most beneficial in combating this ailment. I am a resident here about eighteen months, and hail from the Nelson district."

CAUTION. The W. H. Comstock Co., Ltd., are the Sole Proprietors and Manufacturers of DR. MORSE'S INDIAN ROOT PILLS, and they will prosecute to the full extent of the law any counterfeit or infringement of their registered trade mark or label. The Pills are packed in amber-coloured bottles with the full name shown thereon, and are wrapped in a blue label, bearing the signature of W. H. COMSTOCK.

STATEMENT BY THE — PROPRIETORS —

DR. MORSE'S INDIAN ROOT PILLS are a purely vegetable sugar-coated medicinal preparation, carefully compounded by experts, and are manufactured on the premises under the direct supervision of the proprietors.

The care taken in the production of these Pills is illustrated by the manner in which they are packed. Instead of being put in cheap wooden boxes that absorb poisonous and other substances, they are packed in glass bottles, at a cost of five or six times that of wooden boxes. The extra cost is more than made up in the satisfaction of knowing that the Pills reach the public just as they left the laboratory, unaffected by moisture or climatic changes, and free from contamination by contact with any foreign matter.



Dr. Morse's Indian Root Pills AND THE COMSTOCK REMEDIES

May be obtained at all leading Chemists and Stores. If unable to procure where you reside, send order, with Postal Notes or Stamps, direct to any of our addresses shown below, and we will forward by post prepaid at the following prices:

- DR. MORSE'S INDIAN ROOT PILLS,**
1/3 per bottle; or 6 bottles, 7/3.
COMSTOCK'S "DEAD SHOT" WORM PELLETS,
4/- per packet; or 6 packets, 23/-.
COMSTOCK'S NERVE AND BONE LINIMENT,
2/6 per bottle; or 6 bottles, 13/6.

ADDRESS:

THE W. H. COMSTOCK CO., LTD.,
FARISH STREET, WELLINGTON, N.Z.

And

Branches: 21 FARRINGDON AVENUE, LONDON,
MORRISTOWN, N.Y., HONGKONG, SINGAPORE, and
23 LANG STREET, SYDNEY, N.S.W.

Head Office: BROCKVILLE, CANADA.

The Busy Housewife

Is apt to neglect herself

IN these strenuous times the hundred and one little duties around the house keep the housewife busy from early morn to late at night. In fact, so busy that she frequently neglects herself. This neglect although apparently trivial at first gradually develops into Chronic Constipation, with all its attendant sufferings, such as Indigestion, Biliousness, &c. When such a condition as this occurs a course of

== DR. MORSE'S ==

Indian Root Pills

will be found most beneficial. It is important, however, to bear in mind that the bowels should operate at least once every day. At the first sign of irregularity take a dose of Dr. Morse's Indian Root Pills to save a great deal of discomfort and prevent the more serious troubles developing.

They make you feel brighter.